



DINNER MENU

Week Of: January 9th – January 15th 2021

Alternate Starch of the Week: Quinoa

SUNDAY, January 9th

STARTERS: Tomato Beef Soup or Garden Salad **Vg**

PROTEIN #1: *Cranberry Orange Chicken \$23

Chicken Leg and Thigh Baked in a Cranberry Orange Sauce

PROTEIN #2: Cod Cakes \$22

2 Mini Cod Cakes Topped with Apple Jicama Slaw and a side of Old Bay Tartar Sauce

VEGAN OPTION: Vegan “Style Parmesan” \$18 **Vg**

Breaded Vegan Cutlet with Marina Sauce and Vegan Mozzarella Cheese.

Daily Sides: Rotini Pasta Tossed in Garlic Oil **Vg** & Steamed Broccoli **Vg**

Dessert: Coconut Dairy Free Custard Pie or Fruit Cup

MONDAY, January 10th

Birthday Night Only/Nosh closed for regular dinner service

TUESDAY, January 11th

STARTERS: Corn Chowder **Vg** or Garden Salad **Vg**

PROTEIN #1: Herb Roasted Turkey \$23

Herb Roasted Turkey with Traditional Challah Stuffing and Sage Gravy

PROTEIN #2: Baked Arctic Char \$23

Lightly Crumb Arctic Char Served with Roasted Corn and Red Onion and Cranberry Relish

VEGAN OPTION: Impossible Shepherd’s Pie \$17 **Vg**

Ground Impossible Meat with Sautéed Mixed Vegetables Topped and Baked with Mashed Butternut Squash

Daily Sides: Mashed Potatoes **Vg** & Baked Cauliflower, Spinach and Red Pepper Casserole **Vg**

Dessert: Pecan Pie or Fruit Cup

Vg=Vegan = Heart Healthy

Consuming raw or undercooked meat, fish, poultry, or eggs can increase your risk of a food borne illness.

Please notify your server in advance of any food allergies you may have.

* Denotes menu items that are unable to be sauce on side due to the cooking method.



DINNER MENU

Week Of: January 9th – January 15th 2021

WEDNESDAY, January 12th

STARTERS:

Beet and Cabbage Soup **Vg** or Garden Salad with Balsamic Roasted Mushrooms **Vg**

PROTEIN #1: *Honey Mustard Corned Beef \$23

Marinated Slow Cooked Corned Beef Glazed with a Honey Whole Grain Mustard Sauce

PROTEIN #2: Baked Chicken \$23

Chicken Leg & Thigh Served with Apple & Sweet Onion Marmalade

VEGAN OPTION: Mushrooms Wellington \$18 **Vg**

Caramelized Portobello Mushroom with Pepper and Onions, and Vegan Mozzarella Cheese Wrapped in a Puff Pastry, Served with a side of Garlic Aioli

Daily Sides: Pesto Yukon Roasted Potato **Vg** & Peas and Carrots **Vg**

Dessert: Almond Cake with Raspberry Coulis or Fruit Cup

THURSDAY, January 13th Fish Night

STARTERS:

Chicken Chili or Garden Salad **Vg**

PROTEIN #1: Sautéed Haddock \$24

Fresh Haddock Sautéed and Garnished with Grilled Sliced Tomatoes

PROTEIN #2: Sautéed Halibut \$25

Halibut Steaks Seasoned with NBOC Spice and Served with Tahini Sauce

VEGAN OPTION: Falafel Balls \$18 **Vg**

Ground Chick Peas with Cumin, Coriander and Garlic, Deep Fried Served in Pita Bread with Lettuce, Tomato and Vegan Tzatziki Sauce

Daily Sides: Quinoa Cake **Vg** & Roasted Herbed Carrots **Vg**

Dessert: Lemon – Lime Bar or Fruit Cup

FRIDAY, January 14th Tu B'shvat Menu



STARTERS: Chicken Matzo Soup **Vg** or 7Tu B'shvat Species Appetizer (Platter of Fresh and Dry Fruits, Olives, Nuts) **Vg**

PROTEIN #1: *Braised Beef Brisket \$24

Beef Brisket Slowly Cooked in a Fresh Rosemary and Fig Sauce

PROTEIN #2: Grilled Salmon Steak \$23

Herb Marinated Grilled Salmon Served with a Roasted Tomato Caper Relish

VEGAN OPTION: Mediterranean Eggplant Roulade \$19 **Vg**

Layers of Eggplant Rolled in a Roulade Stuffed with Lentils, Summer Squash, Spinach and Peppers, Served with Mushroom Truffle "Cream" Sauce

Daily Sides: Bulgar Wheat Pilaf **Vg** & Sautéed Haricot Vert with Oranges and Almonds **Vg**

Dessert: Sticky Caramel Chocolate Rugelach or Fruit Cup

SATURDAY, January 15th

NOSH CLOSED

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